## Claims

What is claimed is:

1. A bearing component for a prosthetic assembly comprising:

a body;

said body having an articular surface;

said articular surface having areas of relief that define an interrupted bearing surface; and

said areas of relief range from 0.3% to 83.2% relative to an otherwise uninterrupted bearing surface area, and from 0.01% to 31.88% relative to a total articular surface area.

- 2. The bearing component of claim 1, wherein said body comprises a metal and said areas of relief range from 0.3% to 73.3% relative to the otherwise uninterrupted bearing surface area, and from 0.02% to 3.02% relative to the total articular surface area.
- 3. The bearing component of claim 2, wherein said metal comprises cobalt chromium.
- 4. The bearing component of claim 1, wherein said body comprises a ceramic and said areas of relief range from 0.3% to 73.3% relative to the otherwise uninterrupted bearing surface area, and from 0.01% to 2.15% relative to the total articular surface area.

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5. The bearing component of claim 1, wherein said body comprises polyethylene and said areas of relief range from 5.7% to 83.2% relative to the uninterrupted bearing surface area, and from 2.33% to 31.88% relative to the total articular surface area.

- 6. The bearing component of claim 1, wherein said areas of relief are formed by grooves.
- 7. The bearing component of claim 1, wherein said areas of relief are formed by dimples.
  - 8. The bearing component of claim 1, wherein said areas of relief are formed by sockets.
- 9. The bearing component of claim 1, wherein said areas of relief are formed in said articular surface to a depth of less than one millimeter.

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10. A prosthetic joint comprising:

a bearing component; and

a corresponding component;

said bearing component having an articular surface area adapted to

5 receive said corresponding component;

said articular surface area having a bearing surface area defined by interruptions and adapted to be contacted by said corresponding component; and

said interruptions range from 0.3% to 83.2% relative to an otherwise uninterrupted bearing surface area, and from 0.01% to 31.88% relative to said articular surface area.

- 11. The prosthetic joint of claim 10, wherein said bearing component and said corresponding component comprise a metal, and said interruptions range from 0.3% to 73.3% relative to the otherwise uninterrupted contact surface area, and from 0.02% to 3.02% relative to the articular surface area.
- 12. The prosthetic joint of claim 11, wherein said metal comprises cobalt chromium.

13. The prosthetic joint of claim 10, wherein said bearing component and said corresponding component comprises a ceramic, and said interruptions range from 0.3% to 73.3% relative to the otherwise uninterrupted bearing surface area, and from 0.01% to 2.15% relative to the articular surface area.

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14. The prosthetic joint of claim 10, wherein said bearing component comprises polyethylene and said corresponding component comprises a metal, and said interruptions range from 5.7% to 83.2% relative to the uninterrupted bearing

surface area, and from 2.33% to 31.88% relative to the articular surface area.

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- 15. The prosthetic joint of claim 14, wherein said metal comprises cobalt chromium.
- 16. The prosthetic joint of claim 10, wherein said interruptions are formed bygrooves.
  - 17. The prosthetic joint of claim 10, wherein said interruptions are formed by dimples.
- 18. The prosthetic joint of claim 10, wherein said interruptions are formed by sockets.
  - 19. The prosthetic joint of claim 10, wherein said interruptions are formed in said articular surface area to a depth of less than one millimeter.